

MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
School Health Coordination																		
Percentage of schools that ever used the School Health Index or other self-assessment tool to assess school policies, activities, and programs in the following areas:																		
Physical education and physical activity													51.4	52.2	No linear change	Not available	No change	
Nutrition													55.8	49.7	53.4	No linear change	Not available	No change
Tobacco-use prevention													51.4	45.7	50.5	No linear change	Not available	No change
Chronic health conditions (e.g., asthma, food allergies)													41.6	41.9	No linear change	Not available	No change	
Unintentional injury and violence prevention (safety)													44.4	42.2	46.5	No linear change	Not available	No change
Sexual health, including HIV, other STD, and pregnancy prevention													41.1	40.9	No linear change	Not available	No change	

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

MISSOURI
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Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools with a School Improvement Plan that includes health-related objectives on the following topics:																		
Health education													46.6	45.8	46.8	No linear change	Not available	No change
Physical education													44.7	48.0	46.8	No linear change	Not available	No change
Physical activity													35.6	44.5	40.6	No linear change	Not available	No change
School meal programs													38.8	43.4	41.9	No linear change	Not available	No change
Foods and beverages available at school outside the school meal programs													32.8	38.9	35.8	No linear change	Not available	No change
Health services													44.2	49.6	44.8	No linear change	Not available	No change
Counseling, psychological, and social services													53.7	60.7	62.7	Increased, 2016-2020	Not available	No change
Physical environment													61.7	61.4	57.7	No linear change	Not available	No change

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MISSOURI
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Percentage of schools with a School Improvement Plan that includes health-related objectives on the following topics:																		
Social and emotional climate													66.0	67.8	70.0	No linear change	Not available	No change
Family engagement													70.9	71.5	72.7	No linear change	Not available	No change
Community involvement													75.3	71.8	74.4	No linear change	Not available	No change
Employee wellness													40.8	49.2	50.6	Increased, 2016-2020	Not available	No change
Percentage of schools that reviewed health and safety data as part of school's improvement planning process*													59.2	56.1	54.7	No linear change	Not available	No change
Percentage of schools that did the following activities:																		
Reviewed district's local wellness policy													91.1	91.6	No linear change	Not available	No change	
Helped revise district's local wellness policy													77.0	78.3	No linear change	Not available	No change	

* Among schools that engaged in an improvement planning process during the past year.

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MISSOURI
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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools that did the following activities:																
Communicated to school staff about district's local wellness policy											87.4	87.3	No linear change	Not available	No change	
Communicated to parents and families about district's local wellness policy											76.2	73.1	No linear change	Not available	No change	
Communicated to students about district's local wellness policy											72.1	72.6	No linear change	Not available	No change	
Measured school's compliance with district's local wellness policy											73.8	69.5	No linear change	Not available	No change	
Developed an action plan that describes steps to meet requirements of district's local wellness policy											66.2	65.5	No linear change	Not available	No change	
Percentage of schools that currently have someone who oversees or coordinates school health and safety programs and activities											93.9	89.4	94.7	No linear change	Not available	Increased

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MISSOURI
2020 School Health Profiles Report
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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that have one or more than one group (e.g., a school health council, committee, team) that offers guidance on the development of policies or coordinates activities on health topics										63.7	55.9	57.5	No linear change	Not available	No change
Percentage of schools that have a school health council, committee, or team that did the following activities during the past year:*															
Identified student health needs based on a review of relevant data										72.9	77.6	79.8	No linear change	Not available	No change
Recommended new or revised health and safety policies and activities to school administrators or the school improvement team										78.1	77.7	77.2	No linear change	Not available	No change
Sought funding or leveraged resources to support health and safety priorities for students and staff										55.6	59.6	64.7	No linear change	Not available	No change

* Among schools that have one or more than one group that offers guidance on the development of policies or coordinates activities on health topics.

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MISSOURI
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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools that have a school health council, committee, or team that did the following activities during the past year:*																	
Communicated the importance of health and safety policies and activities to district administrators, school administrators, parent-teacher groups, or community members													89.2	89.4	87.7	No linear change Not available	No change
Reviewed health-related curricula or instructional materials													84.5	83.0	83.7	No linear change Not available	No change

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MISSOURI
2020 School Health Profiles Report
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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Sexual Orientation																
Percentage of schools that have a student-led club that aims to create a safe, welcoming, and accepting school environment for all youth, regardless of sexual orientation or gender identity											26.0	28.0	30.9	No linear change	Not available	No change
Percentage of schools that engage in the following LGBTQ youth-related practices:																
Identify "safe spaces" (e.g., a counselor's office, designated classroom, or student organization) where LGBTQ youth can receive support from administrators, teachers, or other school staff										68.1	73.6	83.2	Increased, 2016-2020	Not available	Increased	
Prohibit harassment based on a student's perceived or actual sexual orientation or gender identity										93.3	95.1	97.5	Increased, 2016-2020	Not available	No change	
Encourage staff to attend professional development on safe and supportive school environments for all students, regardless of sexual orientation or gender identity										65.9	76.7	78.8	Increased, 2016-2020	Not available	No change	

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MISSOURI
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Trend Analysis Report - Principal Survey

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools that engage in the following LGBTQ youth-related practices:																	
Facilitate access to providers not on school property who have experience in providing health services, including HIV/STD testing and counseling, to LGBTQ youth													43.9	49.5	53.5	Increased, 2016-2020 Not available	No change
Facilitate access to providers not on school property who have experience in providing social and psychological services to LGBTQ youth													51.1	54.1	59.3	No linear change Not available	No change
LGBTQ. Percentage of schools that implement practices that meet the needs of lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth													8.3	14.3	16.5	Increased, 2016-2020 Not available	No change

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MISSOURI
2020 School Health Profiles Report
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Bullying and Sexual Harassment																
Percentage of schools in which all staff received professional development on preventing, identifying, and responding to student bullying and sexual harassment, including electronic aggression											92.2	97.6	98.5	Increased, 2016-2020	Not available	No change
Percentage of schools that have a designated staff member to whom students can confidentially report student bullying and sexual harassment, including electronic aggression											97.2	97.9	97.0	No linear change	Not available	No change
Percentage of schools that use electronic, paper, or oral communication to publicize and disseminate policies, rules, or regulations on bullying and sexual harassment, including electronic aggression											96.4	98.1	98.6	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
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Required Physical Education																		
Percentage of schools that taught required physical education in the following grades:*																		
6th grade													96.6	98.5	99.1	No linear change	Not available	No change
7th grade													98.4	100.0	99.4	No linear change	Not available	No change
8th grade													98.9	99.4	98.8	No linear change	Not available	No change
9th grade													92.0	92.0	95.5	No linear change	Not available	No change
10th grade													53.2	53.8	56.8	No linear change	Not available	No change
11th grade													42.9	47.2	48.0	No linear change	Not available	No change
12th grade													42.5	47.2	48.3	No linear change	Not available	No change

* Among schools with students in that grade. The results published here for 2012 and prior years may not match previously published numbers because the manner in which these were calculated changed in 2014.

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

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Physical Education and Physical Activity																		
Percentage of schools in which physical education teachers or specialists received professional development on physical education or physical activity during the past year													83.0	83.2	84.6	No linear change	Not available	No change
Percentage of schools in which students participate in physical activity in classrooms during the school day outside of physical education													47.5	49.7	51.6	No linear change	Not available	No change
Percentage of schools that offer interscholastic sports to students													88.9	85.5	84.1	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

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Percentage of schools that offer opportunities for students to participate in physical activity through organized physical activities or access to facilities or equipment for physical activity during the following times:																		
Before the school day													39.9	52.0	55.8	Increased, 2016-2020	Not available	No change
After the school day													86.4	91.3	No linear change	Not available	No change	
Percentage of schools that have a joint use agreement for shared use of the following school or community facilities:																		
Physical activity facilities													58.4	64.9	62.9	No linear change	Not available	No change
Kitchen facilities and equipment													37.6	25.5	Decreased, 2018-2020	Not available	Decreased	

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MISSOURI
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Tobacco-Use Prevention Policies																
Percentage of schools that have adopted a policy prohibiting tobacco use											96.9	97.1	98.8	No linear change	Not available	No change
Percentage of schools that follow a policy that mandates a “tobacco-free environment”											43.0	55.6	51.8	Increased, 2016-2020	Not available	No change
Percentage of schools that follow a policy that mandates a “tobacco-free environment” including prohibiting electronic vapor products											40.4	54.1	51.1	Increased, 2016-2020	Not available	No change

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MISSOURI
2020 School Health Profiles Report
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Nutrition-Related Policies and Practices																
Percentage of schools that always or almost always offer fruits or non-fried vegetables at school celebrations when foods or beverages are offered											24.7	29.3	27.6	No linear change	Not available	No change
Percentage of schools in which students can purchase snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar											63.6	67.4	66.3	No linear change	Not available	No change
Percentage of schools in which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:																
Chocolate candy											10.4	11.2	14.5	No linear change	Not available	No change
Other kinds of candy											16.2	15.0	20.8	No linear change	Not available	No change

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MISSOURI
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Trend Analysis Report - Principal Survey

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Percentage of schools in which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:																		
Salty snacks that are not low in fat (e.g., regular potato chips)													18.7	18.4	21.5	No linear change	Not available	No change
Low sodium or “no added salt” pretzels, crackers, or chips													43.4	45.9	45.1	No linear change	Not available	No change
Cookies, crackers, cakes, pastries, or other baked goods that are not low in fat													16.3	19.5	22.0	No linear change	Not available	No change
Ice cream or frozen yogurt that is not low in fat													9.3	11.9	10.2	No linear change	Not available	No change
2% or whole milk (plain or flavored)													17.1	20.5	22.9	No linear change	Not available	No change
Nonfat or 1% (low-fat) milk (plain)													31.9	34.6	33.6	No linear change	Not available	No change
Water ices or frozen slushes that do not contain juice													9.1	20.2	16.1	Increased, 2016-2020	Not available	No change
Soda pop or fruit drinks that are not 100% juice													23.1	29.0	27.4	No linear change	Not available	No change

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Trend Analysis Report - Principal Survey

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Percentage of schools in which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:																		
Sports drinks (e.g., Gatorade)													47.3	47.5	44.4	No linear change	Not available	No change
Energy drinks (e.g., Red Bull, Monster)													1.4	3.1	4.6	Increased, 2016-2020	Not available	No change
Plain water, with or without carbonation													63.8	63.5	No linear change	Not available	No change	
Calorie-free, flavored water, with or without carbonation													46.7	42.6	No linear change	Not available	No change	
100% fruit or vegetable juice													40.6	45.2	44.9	No linear change	Not available	No change
Foods or beverages containing caffeine													26.3	25.4	26.6	No linear change	Not available	No change
Fruits (not fruit juice)													23.6	29.7	23.0	No linear change	Not available	No change
Non-fried vegetables (not vegetable juice)													15.2	23.0	16.4	No linear change	Not available	Decreased
Percentage of schools that do not sell less healthy foods and beverages (soda pop or fruit drinks, sports drinks, baked goods, salty snacks, candy)													45.0	46.7	43.0	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools that have done any of the following during the current school year:																		
Priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages													11.0	14.8	11.7	No linear change	Not available	No change
Collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating													46.4	52.3	45.9	No linear change	Not available	No change
Provided information to students or families on the nutrition and caloric content of foods available													56.0	64.1	56.1	No linear change	Not available	No change
Conducted taste tests to determine food preferences for nutritious items													33.4	36.4	41.2	No linear change	Not available	No change
Served locally or regionally grown foods in the cafeteria or classrooms													36.9	36.0	38.2	No linear change	Not available	No change
Planted a school food or vegetable garden													27.7	26.5	26.6	No linear change	Not available	No change
Placed fruits and vegetables near the cafeteria cashier, where they are easy to access													65.2	74.9	77.6	Increased, 2016-2020	Not available	No change

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MISSOURI
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Trend Analysis Report - Principal Survey

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Percentage of schools that have done any of the following during the current school year:																		
Used attractive displays for fruits and vegetables in the cafeteria													63.6	70.2	75.1	Increased, 2016-2020	Not available	No change
Offered a self-serve salad bar to students													58.2	61.8	61.9	No linear change	Not available	No change
Encouraged students to drink plain water													76.4	83.9	87.2	Increased, 2016-2020	Not available	No change
Prohibited school staff from giving students food or food coupons as a reward for good behavior or good academic performance													25.7	30.8	26.7	No linear change	Not available	No change
Prohibited less nutritious foods and beverages (e.g. candy, baked goods) from being sold for fundraising purposes													42.2	44.7	33.5	Decreased, 2016-2020	Not available	Decreased

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2020 School Health Profiles Report
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Percentage of schools that prohibit advertisements for candy, fast food restaurants, or soft drinks in the following locations:																		
In school buildings													56.3	58.7	54.6	No linear change	Not available	No change
On school grounds including on the outside of the school building, on playing fields, or other areas of the campus													46.7	50.5	46.8	No linear change	Not available	No change
On school buses or other vehicles used to transport students													61.4	63.5	67.5	No linear change	Not available	No change
In school publications (e.g., newsletters, newspapers, web sites, other school publications)													50.6	53.4	52.7	No linear change	Not available	No change
In curricula or other educational materials (including assignment books, school supplies, book covers, and electronic media)													53.9	55.8	57.4	No linear change	Not available	No change

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MISSOURI
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Percentage of schools that permit students to have a drinking water bottle with them in either all locations or certain locations during the school day										95.1	95.1	97.3	No linear change	Not available	No change
Percentage of schools that offer a free source of drinking water in the following locations:*															
Cafeteria during breakfast										96.0	97.0	96.2	No linear change	Not available	No change
Cafeteria during lunch										96.3	97.6	96.6	No linear change	Not available	No change
Gymnasium or other indoor physical activity facilities										95.1	96.1	93.7	No linear change	Not available	No change
Outdoor physical activity facilities and sports fields										78.9	79.7	78.8	No linear change	Not available	No change
Hallways throughout the school										100.0	99.7	99.6	No linear change	Not available	No change

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MISSOURI
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Health Services																
Percentage of schools that have a full-time registered nurse who provides health services to students											75.7	76.2	79.8	No linear change	Not available	No change
Percentage of schools that have a part-time registered nurse who provides health services to students											24.8	27.7	27.3	No linear change	Not available	No change
Percentage of schools that have a school-based health center that offers health services to students											16.9	18.4	21.3	No linear change	Not available	No change
Percentage of schools that provide the following services to students:																
HIV testing											0.0	0.7	0.4	No linear change	Not available	No change
HIV treatment											0.3	1.0	1.1	No linear change	Not available	No change
STD testing											0.3	0.7	0.4	No linear change	Not available	No change
STD treatment											0.3	1.0	0.7	No linear change	Not available	No change
Pregnancy testing											0.3	1.5	2.1	Increased, 2016-2020	Not available	No change

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MISSOURI
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	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools that provide the following services to students:																		
Provision of condoms													0.0	1.0	1.8	Increased, 2016-2020	Not available	No change
Provision of condom-compatible lubricants (i.e., water- or silicone-based)													0.0	0.7	0.7	No linear change	Not available	No change
Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD])													0.0	1.0	0.7	No linear change	Not available	No change
Prenatal care													0.6	1.3	0.8	No linear change	Not available	No change
Human papillomavirus (HPV) vaccine administration													1.5	1.3	2.3	No linear change	Not available	No change
Assessment for alcohol or other drug use, abuse, or dependency													14.6	29.3		Increased, 2018-2020	Not available	Increased
Daily medication administration for students with chronic health conditions (e.g., asthma, diabetes)													87.4	91.7		No linear change	Not available	No change

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MISSOURI
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Trend Analysis Report - Principal Survey

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Percentage of schools that provide the following services to students:																
Stock rescue or “as needed” medication for any student experiencing a health emergency (e.g., asthma episode, severe allergic reaction)											77.1	85.6	Increased, 2018-2020	Not available	Increased	
Case management for students with chronic health conditions (e.g., asthma, diabetes)											72.4	79.2	No linear change	Not available	No change	
Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services:																
HIV testing											27.6	23.6	30.8	No linear change	Not available	No change
HIV treatment											33.5	31.1	39.0	No linear change	Not available	No change
nPEP (non-occupational post-exposure prophylaxis for HIV--a short course of medication given within 72 hours of exposure to infectious bodily fluids from a person known to be HIV positive)											31.2	30.3	35.6	No linear change	Not available	No change

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services:																		
STD testing													29.1	24.7	31.8	No linear change	Not available	No change
STD treatment													27.0	23.7	31.6	No linear change	Not available	No change
Pregnancy testing													29.8	25.3	33.8	No linear change	Not available	Increased
Provision of condoms													21.8	20.0	24.4	No linear change	Not available	No change
Provision of condom-compatible lubricants (i.e., water- or silicone-based)													20.2	19.5	23.5	No linear change	Not available	No change
Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD])													21.3	20.4	25.2	No linear change	Not available	No change
Prenatal care													29.3	25.6	33.5	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services:																		
Human papillomavirus (HPV) vaccine administration													34.0	31.4	44.1	Increased, 2016-2020	Not available	Increased
Alcohol or other drug abuse treatment													55.4	56.5		No linear change	Not available	No change
Percentage of schools that have a protocol that ensures students with a chronic condition that may require daily or emergency management (e.g., asthma, diabetes, food allergies) are enrolled in private, state, or federally funded insurance programs if eligible													70.1	62.2	63.9	No linear change	Not available	No change

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²Based on t-test analysis, p < 0.05.

MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools that routinely use school records to identify and track students with a current diagnosis of the following chronic conditions:																		
Asthma													97.6	95.6	97.2	No linear change	Not available	No change
Food allergies													97.9	96.9	97.8	No linear change	Not available	No change
Diabetes													97.2	95.6	96.7	No linear change	Not available	No change
Epilepsy or seizure disorder													97.2	95.4	96.7	No linear change	Not available	No change
Obesity													41.3	38.4	40.9	No linear change	Not available	No change
Hypertension/high blood pressure													77.7	74.2	76.1	No linear change	Not available	No change
Oral health condition (e.g., abscess, tooth decay)													58.5	61.7	No linear change	Not available	No change	

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²Based on t-test analysis, $p < 0.05$.

MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools that provide referrals to any organizations or health care professionals not on school property for students diagnosed with or suspected to have the following chronic conditions:																		
Asthma													52.2	47.7	55.2	No linear change	Not available	No change
Food allergies													51.1	47.1	54.0	No linear change	Not available	No change
Diabetes													51.8	47.6	54.4	No linear change	Not available	No change
Epilepsy or seizure disorder													51.1	47.3	54.4	No linear change	Not available	No change
Obesity													42.1	35.4	42.1	No linear change	Not available	No change
Hypertension/high blood pressure													48.0	45.0	52.6	No linear change	Not available	No change
Oral health condition (e.g., abscess, tooth decay)													50.9	58.5	No linear change	Not available	No change	

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²Based on t-test analysis, p < 0.05.

MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are provided:																		
School does not provide any sexual or reproductive health services													83.9	81.8	88.0	No linear change	Not available	Increased
Parental consent is required before any sexual or reproductive health services are provided													11.2	11.3	8.5	No linear change	Not available	No change
Parental consent is not required for sexual or reproductive health services and parents are provided with information about services provided only upon request													0.7	2.3	0.7	No linear change	Not available	No change
Parental consent is not required for sexual or reproductive health services, but parents may be notified depending on the service provided													1.0	2.3	1.2	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are provided:																	
Parental consent is not required for sexual or reproductive health services, but parents are notified about all services provided													3.2	1.6	1.2	No linear change Not available	No change
Parental consent is not required for sexual or reproductive health services and parents are not notified about any services provided													0.0	0.7	0.4	No linear change Not available	No change
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are referred:																	
School does not refer any sexual or reproductive health services													62.7	66.3	59.0	No linear change Not available	No change
Parental consent is required before any sexual or reproductive health services are referred													26.3	19.9	26.1	No linear change Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools with the following practices regarding parental consent and notification when sexual or reproductive health services are referred:																	
Parental consent is not required for sexual or reproductive health services and parents are provided with information about referrals provided only upon request													2.7	3.1	1.3	No linear change Not available	No change
Parental consent is not required for sexual or reproductive health services, but parents may be notified depending on the referral provided													5.1	5.9	6.8	No linear change Not available	No change
Parental consent is not required for sexual or reproductive health services, but parents are notified about all referrals provided													1.9	3.9	3.6	No linear change Not available	No change
Parental consent is not required for sexual or reproductive health services and parents are not notified about any referrals provided													1.2	0.9	3.2	No linear change Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Principal Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Family and Community Involvement																		
Percentage of schools that have done any of the following activities during the current school year:																		
Provided parents with information about how to monitor their teen													40.5	44.0	41.6	No linear change	Not available	No change
Involved parents as school volunteers in the delivery of health education activities and services													20.6	21.1	15.4	No linear change	Not available	No change
Linked parents and families to health services and programs in the community													65.9	68.5	71.1	No linear change	Not available	No change
Provided disease-specific education for parents and families of students with chronic health conditions (e.g., asthma, diabetes)													41.4	42.0		No linear change	Not available	No change
Percentage of schools in which students' families helped develop or implement policies and programs related to school health during the past two years													40.3	47.1	44.6	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Required Health Education																
Percentage of schools in which students take only one required health education course											29.2	26.8	32.0	No linear change	Not available	No change
Percentage of schools in which students take two or more required health education courses											65.8	68.2	63.0	No linear change	Not available	No change
Percentage of schools that taught a required health education course in the following grades:*																
6th grade											59.7	61.0	57.5	No linear change	Not available	No change
7th grade											76.6	70.6	76.0	No linear change	Not available	No change
8th grade											73.3	72.3	75.7	No linear change	Not available	No change

* The 2008-2020 results published here may differ slightly from the 2008-2020 results published in site reports. This is because the site reports excluded data from schools that do not contain the grade in the question. Because grade information is not available in a consistent format for all years, data from these schools are included in the trend analysis.

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²Based on t-test analysis, $p < 0.05$.

MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools that taught a required health education course in the following grades:*																		
9th grade													63.5	65.8	71.1	No linear change	Not available	No change
10th grade													43.7	47.7	40.5	No linear change	Not available	No change
11th grade													26.8	28.4	23.7	No linear change	Not available	No change
12th grade													23.8	25.2	22.4	No linear change	Not available	No change
Among schools that required a health education course, percentage that required students who fail the course to repeat it													68.9	73.0	69.3	No linear change	Not available	No change
Percentage of schools in which those who teach health education are provided with the following materials:																		
Goals, objectives, and expected outcomes for health education													86.5	90.5	90.2	No linear change	Not available	No change

* The 2008-2020 results published here may differ slightly from the 2008-2020 results published in site reports. This is because the site reports excluded data from schools that do not contain the grade in the question. Because grade information is not available in a consistent format for all years, data from these schools are included in the trend analysis.

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which those who teach health education are provided with the following materials:															
A chart describing the annual scope and sequence of instruction for health education										59.7	68.2	71.3	Increased, 2016-2020	Not available	No change
Plans for how to assess student performance in health education										65.6	72.4	75.5	Increased, 2016-2020	Not available	No change
A written health education curriculum										75.0	80.5	81.4	No linear change	Not available	No change
Percentage of schools in which the health education curriculum addresses the following skills:															
Comprehending concepts related to health promotion and disease prevention to enhance health										91.7	92.1	93.1	No linear change	Not available	No change
Analyzing the influence of family, peers, culture, media, technology, and other factors on health behaviors										90.1	92.8	92.7	No linear change	Not available	No change
Accessing valid information and products and services to enhance health										87.8	87.8	88.1	No linear change	Not available	No change
Using interpersonal communication skills to enhance health and avoid or reduce health risks										90.5	91.1	92.3	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which the health education curriculum addresses the following skills:																		
Using decision-making skills to enhance health													91.2	93.1	93.4	No linear change	Not available	No change
Using goal-setting skills to enhance health													89.4	92.1	92.3	No linear change	Not available	No change
Practicing health-enhancing behaviors to avoid or reduce risks													92.5	93.4	93.0	No linear change	Not available	No change
Advocating for personal, family, and community health													89.0	89.8	89.6	No linear change	Not available	No change
Percentage of schools in which those who teach sexual health education are provided with the following materials:																		
A written health education curriculum that includes objectives and content addressing sexual health education													72.7	68.9	74.3	No linear change	Not available	No change
Strategies that are age-appropriate, relevant, and actively engage students in learning													72.3	71.9	81.1	Increased, 2016-2020	Not available	Increased
Methods to assess student knowledge and skills related to sexual health education													66.6	69.2	77.4	Increased, 2016-2020	Not available	Increased

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that provide curricula or supplementary materials that include HIV, STD, or pregnancy prevention information that is relevant to lesbian, gay, bisexual, transgender, and questioning youth										32.6	44.3	46.5	Increased, 2016-2020	Not available	No change
Percentage of schools in which health education instruction is required in any of grades 6 through 12										93.4	97.3	96.3	No linear change	Not available	No change
Percentage of schools in which teachers tried to increase student knowledge on the following topics in a required course in any of grades 6 through 12 during the current school year:															
Alcohol- or other drug-use prevention										96.3	96.7	95.7	No linear change	Not available	No change
Asthma										70.6	68.7	72.8	No linear change	Not available	No change
Chronic disease prevention										92.3	93.8	93.4	No linear change	Not available	No change
Emotional and mental health										96.7	95.4	94.1	No linear change	Not available	No change
Epilepsy or seizure disorder										49.5	51.1	57.1	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which teachers tried to increase student knowledge on the following topics in a required course in any of grades 6 through 12 during the current school year:																		
Food allergies													75.3	79.5	80.3	No linear change	Not available	No change
Foodborne illness prevention													80.0	79.1	82.8	No linear change	Not available	No change
Human immunodeficiency virus (HIV) prevention													86.0	85.4	90.9	No linear change	Not available	Increased
Human sexuality													74.9	73.9	75.0	No linear change	Not available	No change
Infectious disease prevention (e.g., influenza [flu] prevention)													90.1	93.2	91.3	No linear change	Not available	No change
Injury prevention and safety													92.3	93.0	93.7	No linear change	Not available	No change
Nutrition and dietary behavior													98.1	98.7	98.2	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which teachers tried to increase student knowledge on the following topics in a required course in any of grades 6 through 12 during the current school year:																		
Physical activity and fitness													98.9	100.0	98.9	No linear change	Not available	No change
Pregnancy prevention													77.4	79.5	85.6	Increased, 2016-2020	Not available	No change
Sexually transmitted disease (STD) prevention													86.3	84.6	89.7	No linear change	Not available	No change
Suicide prevention													83.0	83.9	89.8	Increased, 2016-2020	Not available	Increased
Tobacco-use prevention													96.1	97.0	96.0	No linear change	Not available	No change
Violence prevention (e.g., bullying, fighting, dating violence prevention)													94.7	92.1	94.7	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:																		
Identifying tobacco products and the harmful substances they contain													91.3	91.7	93.9	No linear change	Not available	No change
Identifying short- and long-term health consequences of tobacco product use													93.4	94.0	94.9	No linear change	Not available	No change
Identifying social, economic, and cosmetic consequences of tobacco product use													86.8	89.4	86.7	No linear change	Not available	No change
Understanding the addictive nature of nicotine													89.6	91.1	93.3	No linear change	Not available	No change
Effects of nicotine on the adolescent brain													82.4	85.8	86.0	No linear change	Not available	No change
Effects of tobacco product use on athletic performance													82.9	84.8	85.1	No linear change	Not available	No change
Effects of second-hand smoke and benefits of a smoke-free environment													89.7	90.8	89.7	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:																		
Understanding the social influences on tobacco product use, including media, family, peers and culture													87.5	89.2	92.5	Increased, 2016-2020	Not available	No change
Identifying reasons why students do and do not use tobacco products													90.1	90.4	92.9	No linear change	Not available	No change
Making accurate assessments of how many peers use tobacco products													71.7	74.0	76.7	No linear change	Not available	No change
Using interpersonal communication skills to avoid tobacco product use (e.g., refusal skills, assertiveness)													91.2	90.5	90.6	No linear change	Not available	No change
Using goal-setting and decision-making skills related to not using tobacco products													85.6	87.4	83.9	No linear change	Not available	No change
Finding valid information and services related to tobacco-use prevention and cessation													75.7	81.7	81.1	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current school year:																
Supporting others who abstain from or want to quit using tobacco products													78.8	81.5	78.7	No linear change Not available No change
Identifying harmful effects of tobacco product use on fetal development													83.9	84.1	83.3	No linear change Not available No change
Relationship between using tobacco products and alcohol or other drugs													87.6	91.4	88.0	No linear change Not available No change
How addiction to tobacco product use can be treated													82.1	84.8	79.4	No linear change Not available No change
Understanding school policies and community laws related to the sale and use of tobacco products													86.3	84.1	87.4	No linear change Not available No change
Benefits of tobacco product cessation programs													68.2	71.4	65.8	No linear change Not available No change
Percentage of schools that taught all 19 tobacco-use prevention topics during the current school year													51.4	58.5	50.1	No linear change Not available Decreased

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:																		
How HIV and other STDs are transmitted													76.1	73.9	64.7	Decreased, 2016-2020	Not available	No change
Health consequences of HIV, other STDs, and pregnancy													75.4	73.4	65.7	No linear change	Not available	No change
The benefits of being sexually abstinent													76.8	76.7	69.9	No linear change	Not available	No change
How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy													66.1	66.9	59.2	No linear change	Not available	No change
The influences of family, peers, media, technology, and other factors on sexual risk behaviors													70.2	69.3	66.1	No linear change	Not available	No change
Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy													68.3	67.8	62.7	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:																	
Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy													66.6	69.1	57.6	No linear change Not available	Decreased
Influencing and supporting others to avoid or reduce sexual risk behaviors													67.7	69.8	63.0	No linear change Not available	No change
Efficacy of condoms, that is, how well condoms work and do not work													46.8	54.6	40.8	No linear change Not available	Decreased
The importance of using condoms consistently and correctly													39.0	42.3	33.7	No linear change Not available	No change
How to obtain condoms													23.4	33.0	21.2	No linear change Not available	Decreased
How to correctly use a condom													18.5	24.5	16.4	No linear change Not available	No change
Methods of contraception other than condoms													39.2	44.9	40.6	No linear change Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 6, 7, or 8 during the current school year:																	
The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy													34.5	43.8	36.0	No linear change Not available	No change
How to create and sustain healthy and respectful relationships													69.8	76.7	71.8	No linear change Not available	No change
The importance of limiting the number of sexual partners													57.4	64.3	56.1	No linear change Not available	No change
Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health													56.7	64.9	57.3	No linear change Not available	No change
The relationship between alcohol and other drug use and sexual risk behaviors													76.0	71.4	No linear change Not available	No change	

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MISSOURI
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Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:																		
How HIV and other STDs are transmitted													95.1	95.3	93.6	No linear change	Not available	No change
Health consequences of HIV, other STDs, and pregnancy													95.8	92.6	92.6	No linear change	Not available	No change
The benefits of being sexually abstinent													95.8	94.7	92.6	No linear change	Not available	No change
How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy													89.3	91.6	87.9	No linear change	Not available	No change
The influences of family, peers, media, technology, and other factors on sexual risk behaviors													93.0	94.6	96.0	No linear change	Not available	No change
Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy													91.3	91.8	88.8	No linear change	Not available	No change

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:																		
Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy													91.4	92.6	86.8	No linear change	Not available	No change
Influencing and supporting others to avoid or reduce sexual risk behaviors													90.6	93.7	87.5	No linear change	Not available	No change
Efficacy of condoms, that is, how well condoms work and do not work													75.8	73.1	77.2	No linear change	Not available	No change
The importance of using condoms consistently and correctly													61.6	68.0	70.4	No linear change	Not available	No change
How to obtain condoms													41.2	49.0	53.1	Increased, 2016-2020	Not available	No change
How to correctly use a condom													34.9	37.4	43.7	No linear change	Not available	No change
Methods of contraception other than condoms													70.0	69.9	74.4	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which teachers taught the following sexual health topics in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:																	
The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy													62.1	71.8	76.1	Increased, 2016-2020 Not available	No change
How to create and sustain healthy and respectful relationships													92.4	92.9	93.4	No linear change Not available	No change
The importance of limiting the number of sexual partners													89.5	88.9	86.8	No linear change Not available	No change
Preventive care (such as screenings and immunizations) that is necessary to maintain reproductive and sexual health													85.0	89.0	84.9	No linear change Not available	No change
The relationship between alcohol and other drug use and sexual risk behaviors													93.0	94.2	No linear change Not available	No change	

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 6, 7, or 8 during the current school year:																	
Comprehend concepts important to prevent HIV, other STDs, and pregnancy													66.3	71.6	60.8	No linear change Not available	No change
Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors													61.4	67.7	59.3	No linear change Not available	No change
Access valid information, products, and services to prevent HIV, other STDs, and pregnancy													54.1	64.1	51.8	No linear change Not available	Decreased
Use interpersonal communication skills to avoid or reduce sexual risk behaviors													66.1	66.4	63.7	No linear change Not available	No change
Use decision-making skills to prevent HIV, other STDs, and pregnancy													69.5	68.5	62.7	No linear change Not available	No change
Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them													66.4	73.7	64.6	No linear change Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 6, 7, or 8 during the current school year:																	
Influence and support others to avoid or reduce sexual risk behaviors													60.7	65.1	57.2	No linear change Not available	No change
Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:																	
Comprehend concepts important to prevent HIV, other STDs, and pregnancy													90.7	91.2	88.7	No linear change Not available	No change
Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors													89.4	93.8	90.4	No linear change Not available	No change
Access valid information, products, and services to prevent HIV, other STDs, and pregnancy													85.2	86.9	81.8	No linear change Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which teachers assessed the ability of students to do each of the following in a required course for students in any of grades 9, 10, 11, or 12 during the current school year:																	
Use interpersonal communication skills to avoid or reduce sexual risk behaviors													86.4	93.7	87.6	No linear change Not available	No change
Use decision-making skills to prevent HIV, other STDs, and pregnancy													88.6	92.6	84.9	No linear change Not available	No change
Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them													85.1	92.4	84.7	No linear change Not available	Decreased
Influence and support others to avoid or reduce sexual risk behaviors													89.2	90.9	81.0	No linear change Not available	Decreased

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12 during the current school year:																		
Benefits of healthy eating													96.9	97.7	97.5	No linear change	Not available	No change
Benefits of drinking plenty of water													96.5	97.3	97.5	No linear change	Not available	No change
Benefits of eating breakfast every day													95.5	97.3	93.3	No linear change	Not available	Decreased
Food guidance using the current Dietary Guidelines for Americans (e.g., MyPlate)													95.4	93.6	94.4	No linear change	Not available	No change
Using food labels													95.0	94.0	94.7	No linear change	Not available	No change
Differentiating between nutritious and non-nutritious beverages													93.2	95.0	94.8	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12 during the current school year:																
Balancing food intake and physical activity													96.2	97.0	97.1	No linear change Not available No change
Eating more fruits, vegetables, and whole grain products													95.8	97.0	96.3	No linear change Not available No change
Choosing foods and snacks that are low in solid fat (i.e., saturated and trans fat)													93.1	95.0	94.0	No linear change Not available No change
Choosing foods, snacks, and beverages that are low in added sugars													93.9	96.0	95.2	No linear change Not available No change
Choosing foods and snacks that are low in sodium													90.3	92.7	94.1	No linear change Not available No change
Eating a variety of foods that are high in calcium													90.8	92.7	92.8	No linear change Not available No change
Eating a variety of foods that are high in iron													87.7	88.0	91.3	No linear change Not available No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course for students in any of grades 6 through 12 during the current school year:																		
Food safety													89.5	88.2	90.2	No linear change	Not available	No change
Preparing healthy meals and snacks													91.5	92.0	94.0	No linear change	Not available	No change
Risks of unhealthy weight control practices													93.1	94.6	93.6	No linear change	Not available	No change
Accepting body size differences													89.6	91.9	91.2	No linear change	Not available	No change
Signs, symptoms, and treatment for eating disorders													88.2	91.0	90.1	No linear change	Not available	No change
Relationship between diet and chronic diseases													88.6	89.9	91.2	No linear change	Not available	No change
Assessing body mass index (BMI)													84.6	83.5	81.0	No linear change	Not available	No change
The influence of the media on dietary behaviors													92.0	93.6	No linear change	Not available	No change	
Food production, including how food is grown, harvested, processed, packaged, and transported													77.9	76.1	No linear change	Not available	No change	

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools that taught all 22 nutrition and dietary behavior topics during the current school year										0.0	66.0	65.1	Increased, 2016-2020	Not available	No change
Percentage of schools in which teachers taught the following physical activity topics in a required course for students in any of grades 6 through 12 during the current school year:															
Short-term and long-term benefits of physical activity, including reducing the risks for chronic disease										96.7	98.0	97.3	No linear change	Not available	No change
Mental and social benefits of physical activity										94.9	96.3	97.3	No linear change	Not available	No change
Health-related fitness (i.e., cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, and body composition)										96.0	96.7	96.8	No linear change	Not available	No change
Phases of a workout (i.e., warm-up, workout, cool down)										94.5	94.4	94.9	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which teachers taught the following physical activity topics in a required course for students in any of grades 6 through 12 during the current school year:																	
Recommended amounts and types of moderate, vigorous, muscle-strengthening, and bone-strengthening physical activity													91.4	93.6	95.0	No linear change Not available	No change
Decreasing sedentary activities (e.g., television viewing)													96.7	96.4	96.9	No linear change Not available	No change
Preventing injury during physical activity													94.4	94.3	96.0	No linear change Not available	No change
Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while physically active)													88.3	87.4	90.6	No linear change Not available	No change
Dangers of using performance-enhancing drugs (e.g., steroids)													88.5	87.6	87.7	No linear change Not available	No change
Increasing daily physical activity													97.8	98.7	96.4	No linear change Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which teachers taught the following physical activity topics in a required course for students in any of grades 6 through 12 during the current school year:																
Incorporating physical activity into daily life (without relying on a structured exercise plan or special equipment)													95.5	97.4	97.3	No linear change Not available No change
Using safety equipment for specific physical activities													88.2	91.0	90.2	No linear change Not available No change
Benefits of drinking water before, during, and after physical activity													94.8	98.4	97.6	No linear change Not available No change
Percentage of schools that taught all 13 physical activity topics during the current school year													75.9	75.8	78.6	No linear change Not available No change
SHE_PM_1807_2: Percentage of schools that assess the ability of students to do 7 skills in a required course taught during grades 6, 7, or 8 and during grades 9, 10, 11, or 12													34.1	43.3	37.0	No linear change Not available No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
SHS_PM_1807_4: Percentage of schools that taught all 3 of the SHS topics in grades 9, 10, 11, or 12										24.7	28.6	31.6	No linear change	Not available	No change
SSE_PM_1807_1: Percentage of schools in which school staff received professional development on classroom management techniques										65.9	68.1	73.2	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Collaboration																		
Percentage of schools in which health education staff worked with the following groups on health education activities during the current school year:																		
Physical education staff													84.8	85.8	84.2	No linear change	Not available	No change
Health services staff (e.g., nurses)													69.5	75.3	73.4	No linear change	Not available	No change
Mental health or social services staff (e.g., psychologists, counselors, social workers)													57.6	62.3	68.8	Increased, 2016-2020	Not available	No change
Nutrition or food service staff													39.9	43.0	40.4	No linear change	Not available	No change
School health council, committee, or team													38.3	46.5	51.9	Increased, 2016-2020	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools that provided parents and families with health information designed to increase parent and family knowledge of the following topics during the current school year:																		
HIV, STD, or pregnancy prevention													19.7	23.6	28.3	Increased, 2016-2020	Not available	No change
Tobacco-use prevention													23.1	32.2	35.2	Increased, 2016-2020	Not available	No change
Alcohol- or other drug-use prevention													26.1	32.5	32.6	No linear change	Not available	No change
Physical activity													38.2	41.9	40.6	No linear change	Not available	No change
Nutrition and healthy eating													36.1	41.9	46.2	Increased, 2016-2020	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools that provided parents and families with health information designed to increase parent and family knowledge of the following topics during the current school year:																		
Asthma													22.6	28.3	25.8	No linear change	Not available	No change
Food allergies													28.2	39.3	36.0	Increased, 2016-2020	Not available	No change
Diabetes													20.8	28.2	26.9	No linear change	Not available	No change
Preventing student bullying and sexual harassment, including electronic aggression (i.e., cyber-bullying)													54.7	59.4	63.1	Increased, 2016-2020	Not available	No change
Percentage of schools in which teachers have given students health education homework assignments or activities to do at home with their parents during the current school year													53.8	53.2	46.0	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Professional Development																		
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:																		
Alcohol- or other drug-use prevention													25.6	32.4	34.5	Increased, 2016-2020	Not available	No change
Asthma													22.4	27.8	23.5	No linear change	Not available	No change
Chronic disease prevention													24.4	26.1	29.4	No linear change	Not available	No change
Emotional and mental health													30.7	48.9	60.5	Increased, 2016-2020	Not available	Increased
Epilepsy or seizure disorder													24.2	29.7	30.2	No linear change	Not available	No change
Food allergies													29.4	37.1	36.2	No linear change	Not available	No change
Foodborne illness prevention													18.2	24.6	23.9	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:																		
HIV prevention													16.8	22.8	19.3	No linear change	Not available	No change
Human sexuality													15.6	22.4	23.2	Increased, 2016-2020	Not available	No change
Infectious disease prevention (e.g., flu prevention)													28.3	33.9	36.1	No linear change	Not available	No change
Injury prevention and safety													43.0	43.2	41.7	No linear change	Not available	No change
Nutrition and dietary behavior													24.4	33.8	30.1	No linear change	Not available	No change
Physical activity and fitness													40.6	44.8	48.0	No linear change	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:																		
Pregnancy prevention													13.4	20.3	17.3	No linear change	Not available	No change
STD prevention													15.8	21.3	17.6	No linear change	Not available	No change
Suicide prevention													30.6	46.0	60.3	Increased, 2016-2020	Not available	Increased
Tobacco-use prevention													17.7	23.9	31.9	Increased, 2016-2020	Not available	Increased
Violence prevention (e.g., bullying, fighting, dating violence prevention)													47.2	56.2	61.3	Increased, 2016-2020	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:																		
Teaching students with physical, medical, or cognitive disabilities													54.5	57.5	61.0	No linear change	Not available	No change
Teaching students of various cultural backgrounds													41.5	45.9	52.8	Increased, 2016-2020	Not available	No change
Teaching students with limited English proficiency													21.5	31.6	31.4	Increased, 2016-2020	Not available	No change
Using interactive teaching methods (e.g., role plays, cooperative group activities)													67.6	59.0	64.6	No linear change	Not available	No change
Encouraging family or community involvement													47.1	46.4	49.8	No linear change	Not available	No change
Teaching skills for behavior change													47.9	46.5	60.3	Increased, 2016-2020	Not available	Increased

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²		
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020					
Percentage of schools in which the lead health education teacher received professional development on the following topics during the two years before the survey:																	
Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)													65.9	68.1	73.2	No linear change Not available	No change
Assessing or evaluating students in health education													35.3	38.9	44.8	Increased, 2016-2020 Not available	No change
Percentage of schools in which the lead health education teacher received professional development on the following topics related to teaching sexual health education:																	
Aligning lessons and materials with the district scope and sequence for sexual health education													25.1	31.3	34.6	Increased, 2016-2020 Not available	No change
Creating a comfortable and safe learning environment for students receiving sexual health education													21.1	26.3	29.2	Increased, 2016-2020 Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which the lead health education teacher received professional development on the following topics related to teaching sexual health education:																		
Connecting students to on-site or community-based sexual health services													12.5	23.7	17.9	No linear change	Not available	No change
Using a variety of effective instructional strategies to deliver sexual health education													17.8	26.0	23.2	No linear change	Not available	No change
Building student skills in HIV, other STD, and pregnancy prevention													14.4	24.4	21.2	Increased, 2016-2020	Not available	No change
Assessing student knowledge and skills in sexual health education													16.2	25.7	25.6	Increased, 2016-2020	Not available	No change
Understanding current district or school board policies or curriculum guidance regarding sexual health education													24.3	29.9	35.6	Increased, 2016-2020	Not available	No change

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MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:																		
Alcohol- or other drug-use prevention													60.1	67.7	57.8	No linear change	Not available	Decreased
Asthma													41.0	41.5	40.4	No linear change	Not available	No change
Chronic disease prevention (e.g., diabetes, obesity prevention)													58.1	62.7	52.0	No linear change	Not available	Decreased
Emotional and mental health													64.0	73.6	71.1	No linear change	Not available	No change
Epilepsy or seizure disorder													41.3	48.7	43.5	No linear change	Not available	No change
Food allergies													39.0	46.0	42.8	No linear change	Not available	No change
Foodborne illness prevention													34.8	41.7	36.6	No linear change	Not available	No change

¹Based on trend analyses using a logistic regression model, p < 0.05.

²Based on t-test analysis, p < 0.05.

MISSOURI
2020 School Health Profiles Report
Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:																		
HIV prevention													46.9	51.4	45.1	No linear change	Not available	No change
Human sexuality													55.1	56.1	56.6	No linear change	Not available	No change
Infectious disease prevention (e.g., flu prevention)													47.6	52.1	47.9	No linear change	Not available	No change
Injury prevention and safety													50.4	57.9	47.4	No linear change	Not available	Decreased
Nutrition and dietary behavior													58.8	68.9	61.3	No linear change	Not available	No change
Physical activity and fitness													59.7	65.8	57.1	No linear change	Not available	Decreased
Pregnancy prevention													47.1	51.8	45.1	No linear change	Not available	No change
STD prevention													48.6	54.8	51.9	No linear change	Not available	No change

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MISSOURI
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	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:																		
Suicide prevention													61.2	75.3	68.2	No linear change	Not available	No change
Tobacco-use prevention													50.5	58.3	56.3	No linear change	Not available	No change
Violence prevention (e.g., bullying, fighting, dating violence prevention)													65.1	73.7	64.6	No linear change	Not available	Decreased
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:																		
Teaching students with physical, medical, or cognitive disabilities													57.2	65.0	61.7	No linear change	Not available	No change
Teaching students of various cultural backgrounds													47.3	50.5	53.6	No linear change	Not available	No change
Teaching students with limited English proficiency													36.8	42.4	43.0	No linear change	Not available	No change
Using interactive teaching methods (e.g., role plays, cooperative group activities)													53.2	60.7	55.5	No linear change	Not available	No change

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MISSOURI
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Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which the lead health education teacher would like to receive professional development on the following topics:																		
Encouraging family or community involvement													64.3	67.2	61.3	No linear change	Not available	No change
Teaching skills for behavior change													63.0	69.9	64.8	No linear change	Not available	No change
Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, behavior management)													55.6	60.6	55.7	No linear change	Not available	No change
Assessing or evaluating students in health education													60.9	64.6	57.2	No linear change	Not available	No change

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MISSOURI
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Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²	
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020				
Percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics related to teaching sexual health education:																
Aligning lessons and materials with the district scope and sequence for sexual health education													51.7	52.4	46.1	No linear change Not available No change
Creating a comfortable and safe learning environment for students receiving sexual health education													54.0	57.8	50.5	No linear change Not available No change
Connecting students to on-site or community-based sexual health services													52.6	57.1	48.5	No linear change Not available Decreased
Using a variety of effective instructional strategies to deliver sexual health education													62.3	60.7	56.4	No linear change Not available No change

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MISSOURI
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Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020			
Percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics related to teaching sexual health education:															
Building student skills in HIV, other STD, and pregnancy prevention										59.0	57.8	51.2	No linear change	Not available	No change
Assessing student knowledge and skills in sexual health education										56.4	59.0	51.2	No linear change	Not available	No change
Understanding current district or school board policies or curriculum guidance regarding sexual health education										55.2	56.2	46.4	Decreased, 2016-2020	Not available	Decreased

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MISSOURI
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Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Professional Preparation																		
Percentage of schools in which the major emphasis of the lead health education teacher's professional preparation was on the following:																		
Health education or health and physical education combined (a or b)													47.4	51.3	56.7	Increased, 2016-2020	Not available	No change
Physical education, kinesiology, exercise science or exercise physiology (c or e)													25.5	26.9	22.8	No linear change	Not available	No change
Home economics or family and consumer science, biology or other science, or nutrition (f, g, or k)													11.5	10.5	8.1	No linear change	Not available	No change
Nursing or counseling (h or i)													3.7	4.3	2.7	No linear change	Not available	No change
Public health or other (j or l)													3.5	1.6	2.5	No linear change	Not available	No change
Percentage of schools in which the lead health education teacher was certified, licensed, or endorsed by the state to teach health education in middle school or high school													86.8	87.8	87.9	No linear change	Not available	No change

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MISSOURI
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Trend Analysis Report - Lead Health Education Teacher Survey

	Prevalence												Linear Change ¹	Quadratic Change ¹	2018-2020 Change ²			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2020						
Percentage of schools in which the lead health education teacher had the following number of years of experience in teaching health education courses or topics:																		
1 year													10.2	13.1	11.9	No linear change	Not available	No change
2 to 5 years													27.5	28.7	23.6	No linear change	Not available	No change
6 to 9 years													21.3	15.3	19.7	No linear change	Not available	No change
10 to 14 years													16.7	17.4	15.4	No linear change	Not available	No change
15 years or more													24.3	25.6	29.2	No linear change	Not available	No change

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